High Ridge YMCA
GYM SCHEDULE
June 11th - August 31st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Open 5am						
5:30 AM	Boot Camp 5:30 - 6:15am	Open Gym 5-7:45am	Open Gym 5 - 7:15am	Open Gym 5-7:45am	Boot Camp 5:30 - 6:15am	Open 6am	Opens 7am
6:00 AM						Open Gym 6-7:45am	
6:30 AM	Open Gym 6:30-8:45am				Open Gym 6:30am-7:15am		
7:00 AM			Yoga Basics 7:30-8:45am				Open Gym 7-9:15am
8:00 AM		Zumba 8-9am		Zumba 8-9am	Yoga Basics 7:30am-8:45am	Body Pump 8 - 9am	
9:00 AM	Body Pump 9-10am		Body Pump 9-10am		Tabata 9-10am		
9:30 AM		Vinyasa Yoga 9:15-10:15am		Cardio Kickboxing 9:15am-10:15am		Zumba 9:15-10:15am	Full Body Strength 9:30-10:15am
10:00 AM	Silver Sneakers Classic 10:15-11:15am	Zumba Gold 10:30 - 11:15am	Silver Sneakers Classic 10:15-11:15am	Zumba Gold 10:30 - 11:15am	Silver Sneakers Classic 10:15-11:15am	Yoga 10:30am - 11:45am	Family Zumba 10:30am-11:30am
11:00 AM							
11:30 AM	Open Gym 11:30am-12:45pm	Open Gym 11:30-12:45pm	Open Gym 11:30am-12:45pm	Open Gym 11:30-2:45pm	Open Gym 11:30-12:45pm	Open Gym 12 - 5pm	Open Gym 11:45am-5pm
12:00 PM	Camp Sports 1-3pm	Camp Sports 1-3pm	Camp Sports 1-3pm	Camp Sports 1-3pm	Camp Sports 1-3pm		
1:00 PM							
1:30 PM	Head Start 3:15-4pm	Head Start 3:15-4pm	Head Start 3:15-4pm	Head Start 3:15-4pm	Head Start 3:15-4pm		
2:00 PM							
2:30 PM	Open Gym 4:15 - 6pm	Open Gym 4:15- 4:45pm	Open Gym 4:15-4:45pm	Open Gym 4:15- 4:45pm	Open Gym 4:15-4:45pm		
3:00 PM		Karate 5:30-7pm		Karate 5:30-6:15pm			
3:30 PM	HIIT 6:15-6:45pm		Zumba 6:15-7:15pm		Open Gym 6-9pm		
4:00 PM	Body Pump 7-8pm	Tabata 7:15 - 8pm		Tabata 6:30 - 7:15pm			
4:30 PM			Body Pump 7:30-8:30pm	Yoga 7:30 - 8:45pm			
5:00 PM	Open Gym 8:15-10pm	Open Adult Volleyball 8:15-10pm	Open Gym 8:45-10pm	Open Gym 9-10pm	Close 9pm		
5:30 PM							
6:00 PM	Close 10pm						

Gym will close 15 minutes prior to the building. Please note schedule is subject to change upon inclement weather when our daycamp will need to come inside.

Color Key

Fitness Class	Open Activity

Youth Program - Registration Required

Family Gym - Adult and Child Teen Gym - Children 11+ years

Facility Hours

Mon.-Thurs.	5am - 10pm
Friday	5am - 9pm
Saturday	6am - 5pm
Sunday	7am - 5pm